

Nashay's

ACL info

- **Recovery time for ACL reconstruction surgery/ Rehab**

On the day of surgery, patients are given a set of exercises to start immediately in the recovery room. It is widely accepted that rehabilitation is critical to the success of treatment of the reconstructed ACL and intensive rehabilitation can help prevent early arthrofibrosis and restore strength and function. Patients who achieve full knee extension immediately usually return back to sports and full function quicker than those who have difficulty in getting their knees out straight.

Physical rehabilitation after ACL surgery may take several months to a year. The length of time until you can return to normal activities or sports is different for every person. It may range from 4 to 6 months.

- **How many athletes had the surgery in the past year (names)?**

Football: Jeremy Maclin, Jason Phillips, Dan Koppen, Robert Griffin III, Bryan Bulaga.

- **Percent of athletes that return after ACL reconstruction surgery**

According to recent studies, only 63% of high school and 69% of college football players return to sport following ACLR.^{2,4} Of those, only 43% return at the same level and 27% at a lower level.

- **Girls are a greater risk for ACL tears and why?**

Similar to other ligaments, the ACL has receptors for estrogen, testosterone, and relaxin, which suggests that sex hormones may affect the mechanical properties of the ACL and thus influence the risk of ACL injury. Current evidence suggests that the primary reason girls are at greater risk than boys for noncontact ACL injuries is that girls tend to have less neuromuscular control of knee motion during athletic maneuvers. In other words, girls tend to use their muscles differently than boys when landing from a jump or quickly changing direction.

- Role of the ACL

Knee injuries, especially those involving the ACL, are a significant concern for adolescent athletes. The ACL is 1 of 4 major ligaments that stabilize the knee. Its primary role is to prevent knee instability by keeping the tibia from sliding forward in relation to the femur. It functions secondarily to restrict excessive knee extension, varus and valgus knee displacement, and tibial rotation. Additionally, the ACL protects the cartilaginous shock absorbers of the knee (the menisci) from damage that could occur while jumping, cutting (rapid deceleration associated with a quick change in direction), and pivoting in sports.

- Causes of ACL tears?

The most common causes for ACL injury in athletes are non-contact, twisting injuries that involved a pivoting motion. Less common mechanisms for ACL tears are contact injuries. Players are often hit from the lateral aspect of the knee, resulting in injuries not only to the ACL, but also to the medial collateral ligament and other ligaments.

- Repercussions of ACL surgery?

A 2010 study published in the American Journal of Sports Medicine found that only 63 percent of NFL athletes who had an ACL reconstruction returned to play another game. Roughly two out of three. And two years after ACL surgery, Andrews said, about 55 percent of NFL players are no longer playing in the league. For the majority, an ACL still is pretty synonymous with the end of a career.

| PLAYERS WHO HAVE HAD ACL INJURIES | | | | |
|--|--------------------|--------------|-------------|--------------|
| Name | Team | Onset | Year | Sport |
| Lucas Pantelis | Wellington Phoenix | Pre Season | 2011-12 | aleague |
| Quade Cooper | Reds | RWC 2011 | 2012 | UNION |
| Doug Tietjens | Highlanders | R 11 | 2012 | UNION |
| Nizaam Carr | Stormers | R 12 | 2012 | UNION |
| Jordan Kahu | Broncos | Pre Season | 2012 | NRL |
| Anthony Cherrington | Roosters | Pre Season | 2012 | NRL |
| Jacob Loko | Eels | Pre Season | 2012 | NRL |
| Slade Griffin | Storm | Trials | 2012 | NRL |

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|---------------------|---------------|------------------|------|-------|
| James Tedesco | Tigers | R 1 | 2012 | NRL |
| Anthony Tupou | Sharks | R 4 | 2012 | NRL |
| Michael Weyman | Dragons | R 10 | 2012 | NRL |
| Kyle Stanley | Dragons | R 19 | 2012 | NRL |
| David Williams | Sea Eagles | R 24 | 2012 | NRL |
| Andrew McInnes | Carlton | R 22 | 2012 | AFL |
| Luke Ball | Collingwood | R 3 | 2012 | AFL |
| Lachlan Keefe | Collingwood | R 9 | 2012 | AFL |
| Andrew Krakouer | Collingwood | VFL match | 2012 | AFL |
| Brent Macaffer | Collingwood | NAB 1 | 2012 | AFL |
| Brent Prisma | Essendon | 2011 | 2012 | AFL |
| Jason Winderlich | Essendon | 2011 | 2012 | AFL |
| Anthony Morabito | Fremantle | 2011 | 2012 | AFL |
| Anthony Morabito | Fremantle | R 17 training | 2012 | AFL |
| Daniel Menzel | Geelong | 2011 | 2012 | AFL |
| Daniel Menzel | Geelong | R 10 | 2012 | AFL |
| Kurt Aylett | GWS | R 1 | 2012 | AFL |
| Setanta O'hAilpin | GWS | R 6 | 2012 | AFL |
| Stephen Gilham | Hawthorn | 2011 | 2012 | AFL |
| Michael Osborne | Hawthorn | R 7 | 2012 | AFL |
| Brendan Whitecross | Hawthorn | Finals week 1 | 2012 | AFL |
| Jamie Bennell | Melbourne | R 16 | 2012 | AFL |
| Max Gawn | Melbourne | 2011 | 2012 | AFL |
| Jake Spencer | Melbourne | 2011 | 2012 | AFL |
| Robbie Gray | Port Adelaide | R 4 | 2012 | AFL |
| James Gwilt | St Kilda | 2011 | 2012 | AFL |
| Jude Bolton | Sydney | R 19 | 2012 | AFL |
| Mark LeCras | West Coast | Pre Season | 2012 | AFL |
| Will Genia | Reds | 2012 | 2013 | UNION |
| Bismarck du Plessis | Sharks | Pre Season | 2013 | UNION |
| David Pocock | Brumbies | Round 4 | 2013 | UNION |
| Johan Goosen | Cheetahs | Round 5 | 2013 | UNION |
| Jaco Taute | Stormers | Round 8 | 2013 | UNION |
| Paul Jordaan | Sharks | Round 11 | 2013 | UNION |
| Taylor Walker | Adelaide | Round 5 | 2013 | AFL |
| Clayton Beams | Brisbane | Round 3 training | 2013 | AFL |
| Stephen Wrigley | Brisbane | NAB Cup Round 4 | 2013 | AFL |
| Andrew McInnes | Carlton | Round 22, 2012 | 2013 | AFL |
| Luke Ball | Collingwood | Round 3, 2012 | 2013 | AFL |

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|--------------------|------------------|---------------------|------|-----|
| Lachlan Keeffe | Collingwood | Round 9, 2012 | 2012 | AFL |
| Alan Toovey | Collingwood | Round 5 | 2013 | AFL |
| Kepler Bradley | Fremantle | Round 5 | 2013 | AFL |
| Jonathan Griffin | Fremantle | Round 7 | 2013 | AFL |
| Anthony Morabito | Fremantle | Pre-Season | 2013 | AFL |
| Daniel Menzel | Geelong | Round 10, 2012 | 2013 | AFL |
| Kyle Horsley | Gold Coast | Round 17 | 2013 | AFL |
| Zac Smith | Gold Coast | Round 8 | 2013 | AFL |
| Setanta O'hAilpin | GWS | Round 6, 2012 | 2013 | AFL |
| Jonathan Patton | GWS | Round 3 | 2013 | AFL |
| Michael Osborne | Hawthorn | Round 7, 2012 | 2013 | AFL |
| Ryan Schoenmakers | Hawthorn | Round 4 | 2013 | AFL |
| Matthew Suckling | Hawthorn | NAB Cup Round 3 | 2013 | AFL |
| Brendan Whitecross | Hawthorn | Finals week 1, 2012 | 2013 | AFL |
| Brendan Whitecross | Hawthorn | Preliminary Finals | 2013 | AFL |
| Alex Woodward | Hawthorn | Pre-Season | 2013 | AFL |
| Alex Johnson | Sydney | NAB Cup Round 3 | 2013 | AFL |
| Rhyce Shaw | Sydney | Round 22 | 2013 | AFL |
| Clay Smith | Western Bulldogs | Round 16 | 2013 | AFL |
| Sione Louisi | Warriors | Pre Season | 2013 | NRL |
| Matthew White | Titans | Trials | 2013 | NRL |
| Kyle Stanley | Dragons | 2012 | 2013 | NRL |
| Tautau Moga | Roosters | Pre Season | 2013 | NRL |
| Gerard Beale | Dragons | Round 5 | 2013 | NRL |
| Tim Moltzen | Tigers | Round 7 | 2013 | NRL |
| Steve Rapira | Warriors | NSW Cup | 2013 | NRL |
| Dallas Johnson | Cowboys | Round 20 | 2013 | NRL |